

# EMDRAA WORKSHOPS

NOVEMBER 2018

Joany Spierings

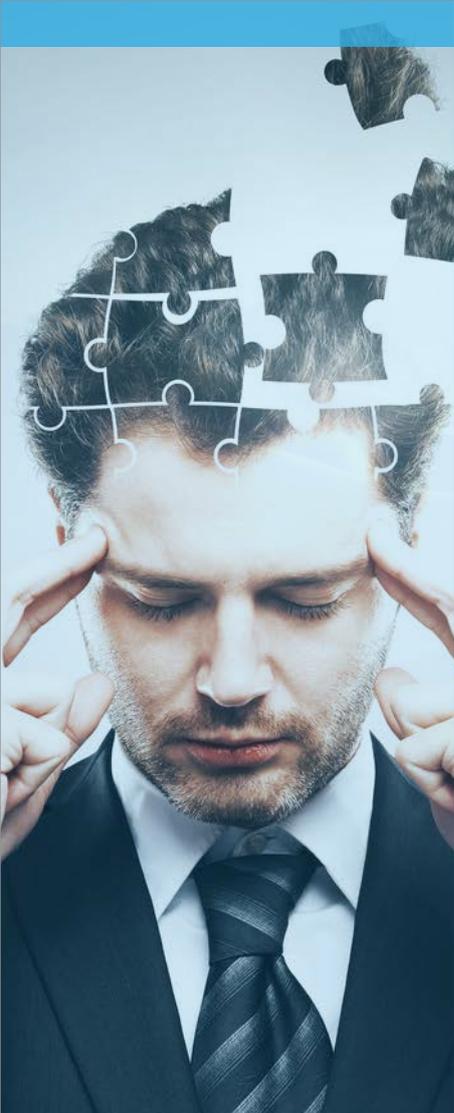


## Dr Joany Spierings

is a Psychologist and a Psychotherapist, who has worked in Mental Health Services for 40 years, specializing in complex trauma and complicated grief. She works with severely traumatised clients, developing stabilization techniques and adaptations of EMDR to fit the specific needs of these clients. Joany has been involved in EMDR since 1994, she is a senior supervisor (Consultant) and EMDR supervisor trainer.

Joany is a highly respected master clinician, a teacher in post-academic training, and a presenter at many national and European EMDR-Conferences. She has taught in over 25 countries worldwide. She was a founding member of EMDR Europe and the Dutch EMDR Association, and vice-President of the Humanitarian Assistance Program, HAP-Europe. At the EMDR Europe conference last year in Barcelona she was presented with the Trauma Aid Europe Humanitarian Award 2017 for all her work and dedication.

She is well respected for both the content of her material (theoretically founded, down to earth and practical) and for her presentation style which combines wisdom, knowledge and fun.



## WORKSHOP 1

JASPER HOTEL MELBOURNE

17, 18 NOVEMBER 2018

# Stabilization / Interweaves

### *Day One:*

A structured approach to stabilization, a combination of assessment and treatment planning to work towards EMDR trauma processing. The program is called 'The three Tests' and can be adapted to use with all clients, from healthy and well-resourced to severely damaged, multi-problem crisis-prone clients. The model works from a skills training perspective. Numerous exercises and interventions are presented for crisis-prevention, problem-solving, affect regulation, attachment and self-compassion.

### *Day Two:*

Working with severely damaged clients we can hardly expect EMDR-processing to go smoothly by itself. 'Just staying out of the way' is not enough to help these clients process their traumatic material. A more active approach is called for to bring trauma resolution. In EMDR this type of intervening is called '(cognitive) interweaving'. The therapist may need to intervene on the process level with process interweaves, in order to keep the client within his window of (affect) tolerance. Or the therapist has to intervene on the content level with content interweaves, when the client gets stuck in a specific problem and is

unable to solve with the information he has available. In this workshop the participant learns to use process interweaves to modulate the arousal level of the client. In addition to this a toolkit of useful content interweaves is presented, cognitive and non-cognitive, e.g. sensory, physical, humorous, symbolic and spiritual interweaves. The presentation includes metaphors for all kinds of blocks, bits and pieces of psycho-education for specific stuck points, unorthodox, creative or hilarious interweaves to get round resistance, and interweaves to bring reconciliation and forgiveness.

## WORKSHOP 2

ESPLANADE HOTEL FREMANTLE  
21 NOVEMBER 2018

# Masterclass: Trouble-shooting in EMDR

### *Content:*

This workshop describes 6 different areas that can cause EMDR-treatments to get stuck, and ideas and interventions to approach (and maybe solve) each of these problems.

Problem areas are: The function of the problem for the client, the therapeutic relationship, case conceptualization, timing and phasing, EMDR technique and procedure, and interweaves.



Please visit [www.emdraa.org](http://www.emdraa.org)  
for registration details.